



For More Information about Youth Suicide

NATIONAL RESOURCES

Surgeon General Reports:

www.surgeongeneral.gov

- Youth Violence: A Report of the Surgeon General (January 2001)
- Mental Health: Culture, Race, and Ethnicity: A Supplement to Mental Health: A Report of the Surgeon General (2001)
- National Strategy for Suicide Prevention: Goals and Objectives for Action (2001)

The President's New Freedom Commission on Mental Health: Achieving the Promise (2003)

<http://www.mentalhealthcommission.gov/reports/reports.htm>

- **American Association of Suicidology**
4201 Connecticut Ave., NW, Suite 310,
Washington, DC 20008
202-237-2280
www.suicidology.org
- **American Academy of Child and Adolescent Psychiatry**
www.aacap.org
- **Suicide Prevention Resource Center**
55 Chapel Street
Newton, MA 02458
877-438-7772
www.sprc.org

CONNECTICUT RESOURCES

State of CT Department of Public Health

Injury Prevention Program

860-509-7805

<http://www.dph.state.ct.us/>

CT Clearinghouse

1-800-232-4424, or 860-792-8791

www.ctclearinghouse.org

Mental Health Association of CT

800-842-1501

www.mhact.org

Youth Suicide Advisory Board

<http://www.ct.gov/dcf/>



REFERENCES

U.S. Public Health Service Mental Health: National Strategy to Prevent Suicide: Goals and Objectives for Action.

NCHS National Vital Statistics System for numbers of deaths, U.S. Bureau of Census for population estimates. Statistics compiled using WISQARS™, produced by the Office of Statistics and Programming, NCIPC, CDC.

Injury Fact Book 2003, National Center for Injury Prevention and Control.

CT School Health Survey (2005)

YOUTH SUICIDE PREVENTION



CONNECTICUT
DEPARTMENT OF
CHILDREN &
FAMILIES



CONNECTICUT
YOUTH SUICIDE
ADVISORY BOARD

Connecticut Youth Suicide Advisory Board

In 1989, the Connecticut Youth Suicide Advisory Board was established within the Department of Children and Families. The charge of the board is to increase public awareness of the existence of youth suicide, to promote means of prevention and to make recommendations to the Commissioner regarding the prevention of youth suicide.

The Problem

For young people 10-24 years old, suicide is the third leading cause of death, behind unintentional injury and homicide (NCIPC, Injury Fact Book).

In 1998, more teenagers and young adults died from suicide than from cancer, heart disease, AIDS, birth defects, stroke, and chronic lung disease combined. (Surgeon General, National Strategy for Suicide Prevention, 1999)



"It is estimated that each suicide intimately affects at least 6 other individuals; thus, in 2004, approximately 1,902 Connecticut residents were intimately affected by a loved one's suicide."

<http://www.infoline.org/Crisis/stats.asp>



Risk Factors

Risk factors are stressful events, situations and/or conditions that are associated with greater potential for suicide and suicidal behavior. (Surgeon General) These include:

- Alcohol/substance abuse
- Mental health issues, particularly mood disorders such as depression and bipolar disorder
- Traumatic loss – death or suicide of a loved one
- Hopelessness
- Impulsive and/or aggressive tendencies
- Significant disappointment, humiliation or loss of status (e.g., break-up, or arrest)
- Past Suicide Attempts
- Easy access to lethal methods, especially guns



Important Numbers

- 211 (Infoline: Suicide/crisis, information and referral line)
- 1-800-273-TALK (1-800-273-8255)
- 911



Resources That Can Help

- Family Member/Friend
- Religious Leader
- Teacher/Guidance Counselor
- 211 Infoline (Suicide/crisis, information and referral line)
- Employee Assistance Program
- Current Clinician and/or Psychiatrist
- Emergency Mobile Psychiatric Services (Child or Adult Mobile Crisis)
- Emergency Room



What Can You Do About Youth Suicide?

- Reproduce and distribute this brochure
- Ask the local paper to write on some aspect of youth suicide prevention
- Utilize the visual arts to emphasize suicide prevention, i.e., art/poster contest etc. . .
- Check with other local youth service bureaus, libraries, schools etc. for information on local initiatives regarding youth suicide
- Include information about suicide prevention in your agency communications